

Brown Hill Community Newsletter

Edition 22, November 2019 - January 2020

*A project of the Brown Hill Progress Association, supported by the Brown Hill Community Partnership.
We are proud to walk this land with the Wadawurrung people and all other First Nations people.*



Christine Sullivan and Brown Hill Kindergarten children in a Bush Kinder treehouse the children helped to build. Photographer: Sarah Greenwood-Smith

Diary Dates

See brownhill.vic.au for details.

NOVEMBER

Saturday 23: 9.00 am - 1.00 pm,
Brown Hill Market, Brown Hill
Hall (p.3)

Saturday 23: 7.30 pm - 11.00 pm,
Dancing Friends, Brown Hill Hall.
Call Graeme on 0427 598 284

Friday 29: 12.00 noon - 12.00
midnight, Fringe Benefits
Festival, Ballarat CBD. See:
fringebenefitsballarat.com.au

... continued p.2

Brown Hill Kindergarten's Christine Calls It A Day

After 14.5 years leading the way at Brown Hill Kindergarten, Christine Sullivan is taking off her Bush Kinder gumboots and retiring from her position.

Many families in Brown Hill and across Ballarat will have children and grandchildren who have been fortunate enough to be educated and cared for by Christine over the years. She has inspired many children through their preschool years, in the classroom, on excursions and, in particular, at the Bush Kinder site along the Yarrowee River.

Hundreds of children have fond memories of their kindergarten days with Christine. Liam (9) says, "Christine was very organised and knew how to deal with little kids'

problems." His brother, Lachlan (7) remembers when Christine would get the children to run from one end of the kinder yard to the other. She called it a "power-run". Kyla (7) says "Christine was kind and caring and I loved the story books she used to read to us."

Christine's initial teaching position was at Angurugu, an Aboriginal community on Groote Eylandt in the Northern Territory. From there she returned to Melbourne to work at the Annie Stirling Kindergarten at the Royal Children's Hospital, working with both inpatient and outpatient children at the kindergarten on the fourth floor.

Christine's next move was to

Elonera Kindergarten in East Parkdale and the Springvale Mobile Preschool, where kindergarten was taken to a range of locations throughout Springvale and Dandenong. She left the Mobile Preschool to work with VicRoads to support kindergartens and childcare centres throughout Victoria, teaching Traffic Safety Education using the 'Starting Out Safely' program.

Christine's next role was the teacher at Caulfield South Kindergarten before returning to the Northern Territory as the 'little kids teacher' at Kaltkatjara School, Docker River (220 km west of Uluru).

... continued p.13

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DECEMBER

Sunday 1: Brown Hill Pool open for the 2019/20 season (weather dependent) (p.4)

Sunday 1: 8.00 am, Wallaby Track parkrun trial first of two (p.21)

Sunday 1: 10.00 am - 3.00 pm, Gordon Community Fair, Gordon Recreation Reserve. Find us on Facebook

Sunday 1: 11.30 am - 4.00 pm, Dancing Friends, Brown Hill Hall. Call Graeme on 0427 598 284

Tuesday 3: 7.00 pm, Brown Hill Progress Association meeting, Brown Hill Hall (rear room). All welcome

Sunday 8: 8.00 am, Wallaby Track parkrun trial second of two (p.21)

Thursday 12: Brown Hill Lions Club Carols in the Park, Brown Hill Recreation Reserve. (p.20)

Friday 6: Learn to Swim registrations close (p.4)

Friday 13: 2.30 - 4.00 pm, Christine Sullivan's Celebration, Brown Hill Kindergarten (p.14)

Wednesday 18: 9.00 am - 11.00 am, Wholefoods Ballarat, last day open for 2019

Friday 20: Last Day of Term Four

Friday 20: 4.00 pm - 8.00 pm, Brown Hill Christmas Market, Brown Hill Hall (p.3)

Sunday 22: Ballarat Carols by Candlelight.
ballaratcarolsbycandlelight.org.au

Wednesday 25: Christmas Day

Thursday 26: Boxing Day

Saturday 28: 9.00 am - 1.00 pm, Brown Hill Market, Brown Hill Hall (p.3)

Saturday 28: 8.00 am, Wallaby Track parkrun official launch (p.21)

JANUARY 2020

Saturdays: 8.00 am, Wallaby Track parkrun (p.21)

Wednesday 1: New Year's Day

About our Newsletter

This publication is a community project of the Brown Hill Progress Association.

It is published bi-monthly in February, April, June, August, October and November.

Editorial Advisory Committee:

Geoff Dickson, Brian Green and Sarah Greenwood-Smith.

Editorial Support: Sally McAlpin.

Proof Reader: Peter Morton.

Social Media: Rachael Houtsma.

Brown Hill Directory: Hazen Cleary.

Local volunteers distribute the newsletter to all businesses and residences in Brown Hill with additional copies available at local businesses and community hubs. Electronic copies are available on the Brown Hill Online Community Hub: brownhill.vic.au/newsletter/ or you can subscribe by emailing us: newsletter@brownhill.vic.au.

Contributions are welcome from the Brown Hill community. Articles are due by the first Monday of the month in which the edition is published to newsletter@brownhill.vic.au or in hard copy to the reception desk at Caledonian Primary School, Thompson Street, Brown Hill during school term and school hours.

Edition 23 articles are due by **Monday 3 February 2020**. Please read the editorial policy regarding contributions before submitting an article: brownhill.vic.au/newsletter.

The views expressed or information provided in this publication are not necessarily those of the Brown Hill Community Newsletter Committee or the Brown Hill Progress Association, including any officers, members, agents or contractors.

Occasionally, some content included in our newsletters may

be upsetting for some readers. If you need support, contact numbers are available here: brownhill.vic.au/new-to-brown-hill/need-some-support/

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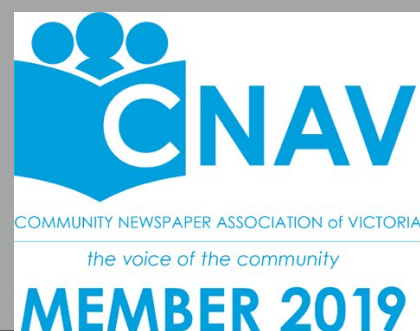
ISSN 2209-9050

Brown Hill Progress Association

Meet in the Brown Hill Hall (rear room), first Tuesday every month, 7.00 pm. All welcome.

bhpa@brownhill.vic.au
brownhill.vic.au

PO Box 1863, Bakery Hill 3354



JANUARY 2020

Wednesday 1: 3.30 pm - 8.30 pm,
New Year's Day Tea Dance,
Dancing Friends, Brown Hill Hall.
Call Graeme on 0427 598 284

Tuesday 7: 7.00 pm, Brown Hill
Progress Association meeting,
Brown Hill Hall (rear room). All
welcome

Wednesday 8 - Saturday 12: 2020
Federation University Road
National Championships. See:
roadnationals.org.au

Monday 20: 6.00 pm, Aquatic
Zumba, Brown Hill Pool (p.5)

Saturday 25: 9.00 am - 1.00 pm,
Brown Hill Market, Brown Hill
Hall (p.3)

Saturday 25: 7.30 pm - 11.00 pm,
Dancing Friends, Brown Hill Hall.
Call Graeme on 0427 598 284

Sunday 26: Australia Day

Sunday 26: 8.00 am, Brown Hill
Australia Day Breakfast, Brown
Hill Recreation Reserve (p.18)

Sunday 26: 12.00 noon - 7.00 pm,
Australia Day Pool Party and BBQ
at the Brown Hill Pool (p.5)

Monday 27: Australia Day public
holiday

Tuesday 28: School Term One
begins (check start date with your
school/kindergarten)

Tuesday 28: Ballarat Wholefoods
Collective, Barkley Street, Ballarat
East, opens for 2020

Wednesday 29: Brown Hill
Playgroup at Caledonian Primary
School starts for 2020 (p.10)

FEBRUARY 2020

Saturdays: 8.00 am, Wallaby
Track parkrun (p.21)

Monday 3: Submissions for
Edition 23 due (p.2)

Tuesday 4: 7.00 pm, Brown Hill
Progress Association meeting,
Brown Hill Hall (rear room). All
welcome

Friday 14: Valentine's Day

Friday 14: Delivery of Edition 23

Saturday 22: 9.00 am - 1.00 pm,
safeTALK Workshop, Brown Hill
Uniting Church (p.20)

For updates, visit: brownhill.vic.au

In this edition

What a great time of celebration
we are having in Brown Hill! We
enjoyed our fourth Community
Festival (p.6) on a cool spring
evening, with hundreds of people
coming out to see local children
sing and dance and find out more
about community groups in and
around Brown Hill.

Woodman's Hill Secondary College
recently showcased their new

facilities and amazing students
and staff to the Victorian Premier
and local MPs (p.16) and an ex-
student from Brown Hill won a
state-level teaching award!

The Brown Hill community will
have the chance to get together
again on Thursday 12 December at
the Carols in the Park (p.20) and
on Friday 13 December to
celebrate Christine Sullivan who is
retiring from Brown Hill
Kindergarten (p.14).

After a special Brown Hill
Christmas Market on Friday 20
December (below) and a week or
so of celebrating with family and
friends, Brown Hill locals will be
out again at the launch of the
Wallaby Track parkrun on
Saturday 28 December (p.21).

Enjoy!

Thanks again to our sponsors:

Silver: Brown Hill Hotel and
Brown Hill Market. **Bronze:**
Ballarat Treeworks, Bakers Delight
Bakery Hill, Dazzlin' Doggie
Country Village, Jigsaw Puzzles
Australia, RCC Commercial
Cleaning and The AFL Store -
Ballarat. We would also like to
thank Juliana Addison for her
support.

*Sarah Greenwood-Smith, Volunteer
Editor, Brown Hill Community
Newsletter and Directory Committee
newsletter@brownhill.vic.au*

Silver sponsor:

BROWN HILL MARKET

Saturday 23 November, 9.00 am - 1.00 pm

Friday 20 December, 4.00 pm - 8.00 pm (special Christmas market)

Saturday 28 December, 9.00 am - 1.00 pm

Saturday 25 January 2020, 9.00 am - 1.00 pm

Brown Hill Hall, 375 Humffray Street North, Brown Hill

ballaratmarkets.com.au

Learn to Swim - Brown Hill Pool

The program is a low cost, 5 day intensive summer program teaching swimming and water safety to children from 4 years of age. Each program consists of 5 x 30 minute lessons starting at the same time each day throughout the week.

From \$15
per child

Week 1 - January 6th - 10th 2020 8:45am-12pm

Week 2 - January 13th - 17th 2020 8:45am-12pm

**Bookings close
Friday 6 December 2019**

Book online at:

<https://www.brownhill.vic.au/swimming-pool/>



Summer at the Brown Hill Pool

At last the weather is starting to warm up! Our dedicated volunteer pool manager, Peter, with some help, has the pool cleaned, chlorine initiated and covers on trying to store some warmth in the water.

Our Brown Hill Progress Association Secretary and keen volunteer pool coordinator, Brendan, has the kiosk cleaned and ready with lollies, drinks and ice-creams all arriving this week.

Our lifeguards are all lined up and should be familiar to everyone, as they have all returned from previous seasons at the Brown Hill Community Pool.

We are ready. So, please may the summer weather be kind to us.

Learn to Swim

The Learn to Swim program is filling fast. There are still some places available. Registration will be open until Friday 6 December on the Brown Hill Community Online Hub. We would like to thank the Brown Hill Uniting Church for their generous sponsorship of this program, making it low-cost and available to more children.

Season passes online

You can buy your Brown Hill Pool Season Pass on the Brown Hill Community Online Hub and just keep coming through the gate all season!

Opening dates and times

The 2019/2020 season officially

runs from Sunday 1 December 2019 until early March 2020.

The Brown Hill Pool is generally open from 2.00 pm - 7.00 pm on school days and 12.00 noon - 7.00 pm on weekends and holidays.

If the maximum temperature is below 23°C, the pool may be closed. In hot weather, the pool may open longer hours.

Get involved

If anyone can spare an hour or two as a volunteer assistant serving in the kiosk, especially on those busy days such as during the Learn to Swim fortnight, your help would be much appreciated. Just roll up and introduce yourself to the other volunteers and/or the lifeguards on duty.

Group bookings

Don't forget that you can use the

pool BBQ free of charge during open hours. Group bookings for birthdays or special occasions can be made with our lifeguards who will reserve the BBQ if needed and you can set up your own party in a corner of the pool grounds.

Aquatic Zumba

From Monday 20 January, Aquatic Zumba will be returning to Brown Hill Pool on Monday and Wednesday evenings from 6.00 pm. Keep an eye on the Pool Facebook page for updates.

Australia Day Pool Party

From 12.00 noon on Sunday 26 January, the Brown Hill Progress Association will be hosting a community BBQ and pool party at the Brown Hill Pool. All welcome.

Toys at the Pool Day

In February 2020, the Brown Hill Progress Association, in partnership with the Ballarat Toy Library, will be hosting the third 'Toys at the Pool Day'. Keep an eye on the newsletter and pool Facebook pages for updates.

We are looking forward to sharing a great summer with you!

Brendan Stevens, Brown Hill Pool Committee of Management
pool@brownhill.vic.au
brownhill.vic.au/swimming-pool/
Facebook: Brown Hill Community Pool

Silver sponsor:



Volunteer opportunities

Volunteering is highly associated with greater health and happiness.
Volunteering Victoria (2018)

There are many ways in which you can volunteer your time, skills and energy to support the Brown Hill Progress Association (BHPA).

Newsletter

Our very community newsletter has grown in 3 years from six to over twenty pages. It is a big job to put it all together. You can help by:

- * Sourcing articles
- * Interviewing local people and businesses
- * Turning interviews into articles
- * Taking photographs
- * Editing articles
- * Proof reading articles
- * Seeking advertising
- * Creating and sending invoices

Online Hub

Keeping our Brown Hill Directory and online articles up to date is an ongoing task. You can help by:

- * Contacting local businesses to check and update contact details

- * Uploading newsletter articles and photographs

Social Media

Through several Facebook pages, the BHPA stays connected with hundreds of members of our local community. To help out, you could:

- * Create content for posts
- * Respond to questions and comments
- * Take photographs

Brown Hill Community Pool

Managed by the BHPA, with support and oversight from the City of Ballarat, the pool is a hive of activity in the summer months. Get involved by helping:

- * In the Kiosk
- * During events such as Learn to Swim, Australia Day and Toys at the Pool Day.
- * At Working Bees - tidying up and fixing equipment

Festival

Our fifth Brown Hill Community Festival will be on Friday 30 October 2020. You can help with organising before or during the event with logistics, marketing, and many other roles.

Contact the BHPA - we would love to have a chat. Call Brendan on 5334 8014 (evenings only) or email bhpa@brownhill.vic.au



YOUR LOCAL PUB

New Chef New Menu



385 Humffray Street North, Brown Hill

Open 7 days a week
12pm - late

Bistro open Tuesday - Sunday
Lunch 12pm - 2pm
Dinner 6pm - 8pm

Bookings preferred
5331 3037

www.brownhillhotel.com.au



Caledonian Primary School student, James (7), dressed as 'Shrek' after his dance performance, practises his cricket with the Brown Hill Cricket Club at the 2019 Brown Hill Community Festival. Image supplied.

BROWN HILL COMMUNITY FESTIVAL 2019



Congratulations on organising the Brown Hill Community Festival. It was such a successful event and showcases what a wonderfully connected community Brown Hill is. Cheryl

The fourth Brown Hill Community Festival was, yet again, a great success. With numbers estimated to be similar to last year, despite the cooler weather and a few drops of rain toward the end, 800 to 1000 locals enjoyed getting together to celebrate Brown Hill.

We enjoyed an uplifting performance from Sing Australia, wonderful singing by around 90 Brown Hill Kindergarten children and an entertaining dance and song by Caledonian Primary School students. These were followed by our old favourites, the Ballarat Highland Dancers on stage and Federation University Pipe Band marching across the oval in another fantastic performance.

There was a range of tasty food including sliders and soup from Brown Hill's Mama and Sons, Indian food and potato twists from Masala Valley Indian and great coffee from Julie in the Bean Me Up Mobile Espresso Van. The Brown Hill Lions Club reported the 'Annual Festival Sausage Index' being 600 (a little lower than 2018, but pretty good given the cooler weather) and the Brown Hill Uniting Church made a stack of pancakes and raised \$340 for the Brown Hill Pool's 2020 Learn to Swim program.

Families enjoyed loads of great activities including those run by a few new groups - Eureka Gymnastics, Brown Hill Cricket Club and AFL Goldfields.

Thanks to the Brown Hill Uniting Church for their generous donation of \$500 to the Festival and to Harcourts for promoting the Festival with three big signs.

Thanks also to the volunteers who organised the event, representing several Brown Hill groups: Sarah, Jacinta, Geoff, Kate, Brendan, Brian and Megan. The organising team was well supported by volunteers from the Brown Hill Progress Association on the night, particularly Rhonda, Bernie and Peter - thank you.

See you again on **Friday 30 October 2020** for the fifth Brown Hill Community Festival!



Caledonian Primary School student, Aidan (8), enjoys playing with some of the great toys from the Ballarat Toy Library. Image supplied.

Burgers Born in Brown Hill

There are over 110 businesses, based in Brown Hill or owned by a Brown Hill resident/s, listed online in the Brown Hill Directory. Read about one Brown Hill owned business, Griffin Burger.

Brown Hill born and raised, the Griffin family have lived here for generations, including the eldest owner of Griffin Burger, Peter Griffin. His maternal great-great-grandparents moved to Brown Hill prior to 1903 (George and Elizabeth Simmons, born in Ireland) and built their home on Canterbury Street. The Simmons owned a parcel of land spanning six blocks as part of Canterbury Street and Lane Street.

Subsequently, as the family expanded, houses were built on the property and later sold off.

George Simmons was a family man and his descendants worked for generations for the Victorian Railways. Peter's mother (George and Elizabeth's great grandchild) and his sister still live in Canterbury Street in the renovated, original family home.



Ryan Griffin. Image supplied.



A Griffin Burger. Image supplied.

Two of Peter's sons, Ryan and Sam, live and have young families in Ballarat. The three men run the local small business, Griffin Burger. Ryan has settled his family back in Brown Hill.

Between the three of them, Peter, Sam and Ryan all juggle the fast-evolving business of Griffin Burger which celebrated its fourth birthday in July 2019.

Griffin Burger began on Sturt Street in a pre-loved kitchen and shop front. It has come a long way in just four years. Now the Griffin family have two restaurants specifically designed to suit the growing demand and changing food culture. They hope to continue to grow as the support from Ballarat develops.

The Griffins have worked hard to keep their burgers, chips, flavoured salts and donuts fresh, affordable and local. The family specifically work with a Ballarat owned and run bakery, butcher, fresh produce store and liquor shop. This is to support fellow local small businesses and to ensure that ingredients are as fresh as possible. Part of this mantra is to focus the market of Griffin Burger away from large fast food companies as this is not the area of interest for the family.

This venture was planned over a

number of years and included a conscious environmental plan of action. The volume of water used is much lower than in many other restaurants due to the versatility of the packaging which can be used to eat-in or take-away. The packaging was chosen specifically because it can be recycled and composted. Most of the food has been chosen as it doesn't require the use of cutlery. However, plastic forks are still being used as the Griffins are yet to find an alternative that can handle the demands of their loaded fries!

Due to the longevity of the Griffin family living and expanding in Ballarat, they have a sense of community which has also influenced their business plan outlook. This has not been limited to the other businesses they support and are supported by, but with local families and organisations. Griffin Burger has had a number of fundraisers including assisting campaigns in mental health, cancer research and public events. They have also been supporters of individual fundraisers to contribute to families needing financial help.

When asked about the future of the business, all three owners agreed that they were looking to expand but the focus would still be on local business. The family do not want their brand to be compromised by the big business strategies of frozen and highly processed food. Griffin Burger will continue to provide fresh, affordable and locally-produced food as they plan their future endeavours as a business with integrity.

Brown Hill Community Online Hub:
brownhill.vic.au/directory/business/



FireAware mascot, Penny Platypus

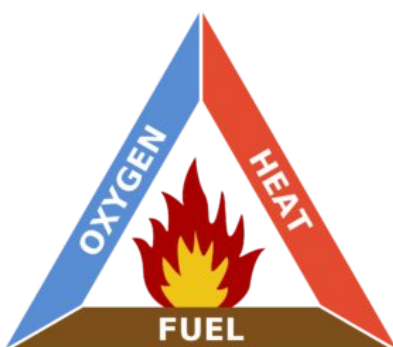
Be FireAware

Did you know that a bushfire does not have a personality?

It is not out to “get” you or anyone else; it isn’t “angry” and it certainly isn’t random. Fire is governed by the fundamental laws of physics. For a fire to ignite and continue to burn it requires three things: oxygen, heat and fuel.

Take one of these components away by removing the fuel (removing litter); depriving it of oxygen (smothering it) or cooling the fuel (adding water) and **the fire will go out.**

However, **fire behaviour** is how fast a fire spreads and how intensely a fire burns and is determined by the amount of **fuel**, **topography** and **weather** (predominantly wind and temperature). Fire spreads by a process called **heat transfer**. This is when the material immediately next to a fire is **preheated** to a



Infographic sourced from NSW Rural Fire Service

point where it gets hot enough to ignite.

As residents in a bushfire prone area, our greatest capacity to decrease our bushfire risk to ourselves, our family and our property lies in the reduction of fuel. How difficult can that be? It seems a lot to do. In our busy, complicated lives, the urgent often takes precedence over the important. The need to **prepare before** a bushfire impacts our suburb **is important!** No one knows this better than the families that have lost their homes to fire.

With the cooler weather we have had recently it still allows us time to do our own fuel reduction before a dry, hot summer takes hold.

Following are some very basic things that everyone can do. Remember that by reducing the combustible material on your own property, you are also helping to reduce the fuel load for your neighbours and the broader community. House to house fires are the greatest risk once a fire has taken hold in an urban area.

*** Clean your gutters of leaves and twigs**

- * *Clean up fallen leaves, twigs and debris around the property*
- * *Cut back trees and shrubs overhanging buildings*
- * *Keep hedges along fence lines trimmed and remove dead wood*
- * *Keep lawns short and gardens well maintained*
- * *Keep fence lines free of accumulated grass cuttings, wood piles, etc.*
- * *Be mindful where you place your compost or wood piles as lowering your risk may put your neighbours at a higher risk*

Even if your plan is to leave early, the more you prepare your home the more likely it will survive a bushfire or ember attack. A well-prepared home can also be easier for you or firefighters to defend and is less likely to put your neighbours' homes at risk. A well-prepared home will also give you more protection if a fire threatens suddenly and you cannot leave.

More information on **how to prepare your house from ember attack and bushfire plan templates** can be found on the Brown Hill Community FireAware Network web pages: pleanetwork.com.au/fireaware-network-be-prepared/

Hazen Cleary
Coordinator, Brown Hill Community FireAware Network



Recranked

Bike donations appeal

It's coming up to the end of the year and our workshop, bike storage shed and storage shipping container are nearly empty. We're almost all out of bikes. Do you have an old bike or one that you no longer ride to donate for our Bikes for Christmas appeal?

Every year at this time we ReCrank some bikes especially to go out just before Christmas, giving these to new owners so that they have new wheels for the summer. We're hoping that by late December our shed will be crammed with restored and repaired bikes all ready to be distributed.

We're appealing for donations of bikes (in reasonable condition) that are no longer needed – children's bikes, 20 inch bikes and adult bikes.

If you have one to donate, please

contact Wallace, our ReCranked Coordinator on 0417 313 898, email ballarat.recranked@ymca.org.au or drop by the ReCranked shed during opening hours – Monday and Friday 2.00 pm – 5.00 pm (term time), 35 Violet Grove, Wendouree. #ReCranked

Brown Hill Community Hall Upgrades

The next phase of the Brown Hill Community Hall upgrades is expected to start shortly and is estimated to be completed by late March 2020. The works will include upgrades to meeting rooms one and two, a new kitchen and upgrades to the current car parking.

The City of Ballarat will also be working closely with the Hall Committee on work to the front of the hall with a focus on the front façade and accessibility.

The total cost of the completion of the internal work as well as the front of the facility will be approximately \$350,000.

Scott Antonio
President, Brown Hill Community Hall Committee
hall@brownhill.vic.au
hall.brownhill.vic.au

Bronze sponsor:

BALLARAT TreeWORKS

0417 370 312
WWW.BALLARATTREWORKS.COM.AU

YOUR TREE CARE & MAINTENANCE PROFESSIONALS

Bronze sponsor:

<p>RCC COMMERCIAL CLEANING</p> <p>FOR ALL YOUR WASHROOM & CLEANING SERVICES:</p> <p>REECE CARTER PHONE: 0402 660 836 RCC2CLEAN@GMAIL.COM</p>	
<p>WASHROOM SERVICES</p> <ul style="list-style-type: none"> ✓ SANITARY BINS ✓ NAPPY BINS ✓ AIR FRESHENER ✓ URINAL BLOCKS ✓ HAND SOAP ✓ DISPENSERS ✓ CONSUMABLES 	<p>COMMERCIAL CLEANING</p> <ul style="list-style-type: none"> ✓ WINDOW CLEANING ✓ GENERAL CLEANING
<p>"Proudly Locally owned and operated"</p>	



Brown Hill Playgroup at Caledonian Primary School

As 2019 draws to a close, we look back on yet another successful year at Brown Hill Playgroup at Caledonian Primary School. An increase in attendance, the addition of new equipment and toys as well as a thorough review of policy and procedures has meant that 2019 was one of our most exciting years to date. Highlights have included visits from Kelly Sports, the Dental Health Nurse, nature play and weekly craft, in addition to activities such as volcano building.

We asked one of our playgroup dads to tell us what makes coming to playgroup so important? He said, "Playgroup is one of the highlights of our week! It is an outing for our family that everyone looks forward to and talks about throughout the week. It is a chance for the kids to play with different toys in a different environment, while also interacting and socialising with children their own age. This is essential to us as our children are not yet attending school. The playgroup parents and carers are kind and welcoming and over time have become some of our most important family friends. The playgroup has been a fantastic introduction to the Brown Hill

community of which we are excited to now be a part."

Brown Hill Playgroup at Caledonian Primary School meets from 9.00 - 11.00 am every Wednesday during school term in the multi-purpose room at the School, Thompson Street, Brown Hill.

Sarah Spaven, Brown Hill Playgroup at Caledonian Primary School Committee Member
playgroup@brownhill.vic.au
5332 6955

Working With Children Check

What's a Working With Children Check?

You may have been at your local sports club, walking group or local clogging session this week and overheard staff and families talking about a Working With Children Check (WWCC). This is due to the recent changes in laws relating to working or volunteering in child-related workplaces and activities.

The Brown Hill community in particular, facilitated by this newsletter, is focusing on connecting and getting involved. This is fantastic for us and the broader community. Working With Children Checks are a simple, four-step online process to give community members, families and education-based organisations initiatives to participate in building a positive

future for our children.

As part of the current information issued through the 'Gonski' report in 2013 (Challenging inequality in Australian schools), children greatly benefit from gaining a sense of community, belonging and exposure to a range of people. A WWCC will encourage these connections and continue that country town feel that Brown Hill provides just minutes from the Ballarat CBD.

Who needs a Working With Children Check?

To find out all about the WWCC, visit:

workingwithchildren.vic.gov.au

As community members, most people are encouraged to obtain a 'Volunteering' card to participate in any work with children or in child related services such as; playgroups, fetes, festivals, government and non- government schools, sporting clubs, music groups, breakfast clubs, opportunity shops, community gardens, markets, tree planting groups etc.

A volunteering card is free-of-charge, even the passport photo required from your local post office when completing the application doesn't cost any money.

If you have difficulty accessing a computer, internet or a printer (to finalise your application, one page must be printed) try the Central Highlands Library.

It is important to note that a Police Check and a WWCC are

different. Some of the main differences are that a Police Check is a snapshot only of police records at the time of application, whereas the WWCC uses a range of areas of information to gain a profile of the person applying. A Police Check is not specific to child-related work and can often be used to identify risks for people working with money etc.

All information provided during a WWCC application must be true and correct. It is an offence to provide false or misleading information (updated by the State of Victoria 05/04/2019).

What does this all mean for us?

We hope that by following the recommendations and mandatory regulations, we can continue to build a fun, interesting, vibrant, safe and strong community base for the people of Brown Hill in which to grow old, raise children and bring a sense of belonging to one another.

Jane Griffin, Brown Hill Playgroup at Caledonian Primary School co-coordinator

Bronze sponsor:



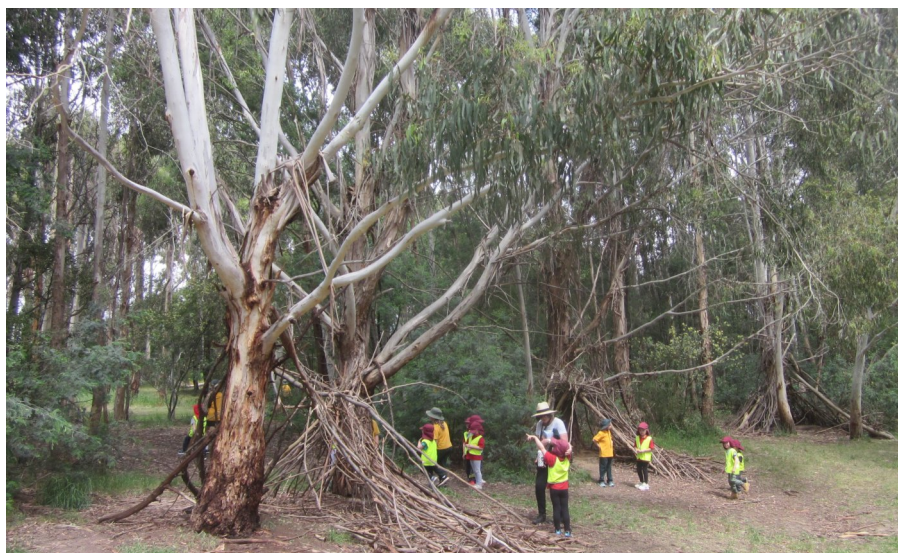
Ballarat

Shop 50, Central Square
Armstrong Street South
Ballarat VIC 3350

(03) 5332 3400

ballarat@theaflstore.com.au

YOUR TEAM YOUR STORE



Brown Hill Kindergarten children show students from St Mary's Primary School, Clarke's Hill around the Brown Hill Bush Kinder site. Image supplied.

Brown Hill Kindergarten

Brown Hill Kindergarten children have been busy out and about connecting with their local community this term.

Approximately 90 children, including the preschool and prekindergarten groups, were on stage at the Brown Hill Community Festival on Friday 25 October. They were very excited to be on stage and to sing for their families

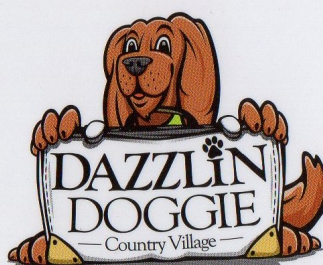
and friends.

The preschool groups will have their annual end-of-year concert at Woodman's Hill Secondary College's new Performing Arts Centre. After the excitement of performing at the Festival, the children are looking forward to being on stage again. They are also looking forward to visiting a secondary school!

As the warmer weather approaches we are aware of the

...continued p.12

Bronze sponsor:



Boarding Kennels & Cattery

Marie

(03) 5334 7455

mobile: 0438 689 297

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Firefighter Tracey from Glen Park Fire Brigade chats to Brown Hill Kindergarten children. Image supplied.

need to be fire-ready and for the children to understand the role of fire fighters and what they can do themselves in a fire emergency. Glen Park CFA visited the kindergarten and spoke with children in the Blue and Yellow groups about what they do as fire fighters and showed them the protective gear they wear and the equipment carried on their truck. The children had a lot of fun trying out the fire hoses! Thank you to Captain Cheryl, Tracey and Brian. Grandpa John will be visiting Red group to show them the protective gear he wears when he is fighting fires as a CFA member (which he has done for almost 50 years!).

Red group recently hosted students from St Mary's Primary School, Clarke's Hill, at bush kinder. Red group visited St Mary's earlier in the year and were keen to have the 'big kids' come to visit us. Both groups of children enjoyed the visit with the kindergarten kids proudly sharing their favourite aspects of bush kinder with the others.

As part of orientation for starting school in 2020, we have had visits from individual schools with the

children's school buddies. Many children have also visited their schools.

Blue group has been invited to visit Inglenook dairy which is run by Billy's family. This is an exciting excursion for all the children – first a trip on a bus and then a chance to look over the dairy and learn about where the milk they buy in the supermarket comes from. Many thanks to the Britt family for making the visit possible.

Visits to and with local schools and groups give the children a greater opportunity to get to know and connect with their local community and understand how and where they fit in and how they can be part of their local community. As the end of the kindergarten year approaches, we would like to thank families and local community members and groups who have supported the kindergarten over the year. We would particularly like to thank John Kerr and colleagues from the Council who work to keep the local environment, including our bush kinder site, safe and a place we can enjoy.

As most of you will be aware, I am

retiring from my position at Brown Hill Kindergarten at the end of the year so this will be my last newsletter article. I would like to take this opportunity to thank everyone in Brown Hill who has supported the kindergarten, myself and our team. It has been a great honour and privilege to have been able to get to know and work with so many wonderful people. My husband's family were Brown Hill locals having lived and grown up in Humffray Street North and attended local schools and churches. I feel a real sense of pride that I have been able to be part of and give back to their community.

Kellie Margerison will take on my role in 2020 and I know the Brown Hill community will welcome and support her.

Christine Sullivan, Educational Leader, Brown Hill Kindergarten (a Eureka Community Kindergarten Association [ECKA] Kindergarten), 5332 7973

*brown.hill.kin@kindergarten.vic.gov.au
1 Reid Court, Brown Hill*

Welcome Kellie

Kellie Margerison has been appointed as Educational Leader, Nominated Supervisor and Red Room teacher at Brown Hill Kindergarten in 2020. Kellie has a wealth of experience having previously worked in kindergartens in Ballarat.

Kellie says, "I am looking forward to my new appointment at Brown Hill Kindergarten."

Kellie has spent the last five years living in Geelong where she grew up and has worked as a



Kellie Margerison, Brown Hill Kindergarten's Educational Leader starting in 2020. Image supplied.

Kindergarten Teacher and Leader.

For 22 years, Kellie has been in the Early Childhood Education industry. She spent 10 years working in child care and the last 12 years in sessional kindergartens. Kellie has worked all around Victoria. She says that she has "met some wonderful people."

We asked Kellie what she was most looking forward to about joining Brown Hill Kindergarten. She said, "Bush Kinder and engaging with the local community."

We look forward to meeting Kellie and welcoming her to the Brown Hill community.

...from p.1

Brown Hill Kindergarten's Christine calls it a day

After that she was off to Alice Springs to work at Acacia Hill School, a special school. Christine did some short-term teaching at Acacia Hill School, Bradshaw School and Bradshaw Preschool. At the end of 2004, she and her family moved to Buninyong to be

closer to their relatives.

At the start of 2005, Christine took on the role of three-year-old group teacher at Haddon Kindergarten where she worked until the end of 2005. During that time, in term three 2005, Christine started at Brown Hill Kindergarten.

Christine says, "Brown Hill Kindergarten was a much smaller kindergarten when I first came here. Numbers were low and there was only one room."

The kindergarten staff before Christine were Sharmeon Holden and Janine Quarrel. Carolyn Rutherford started with Christine as kindergarten assistant in 2006. She retired in 2015.

Debbie Perkins has worked with Christine for the past seven years. Debbie says, "It has been a pleasure working with Christine. She has been very inspirational, encouraging and a great mentor. I have learnt so much from my time working with her."

Christine says, "The first group of children I worked with when I came to Brown Hill have just graduated from year twelve. I thought that as they moved on to the next stage of their lives it was a fitting point for me to retire."

Brock Tinetti has just finished Year Twelve at Woodman's Hill Secondary College. He was one of Christine's first students in 2005. He says, "I remember building a massive tower out of the wooden blocks with my friend Dean and some other kids. The rule was that we weren't allowed to build any taller than our shoulders, but Christine let us that one time because even she thought it was a cool tower!"

When asked what she has valued about her time at Brown Hill Kindergarten, Christine says, "I have enjoyed being part of a kindergarten with strong community connections. It has been great to have whole families attend the kindergarten over a number of years and to have cousins as well. Getting to know extended family members such as grandparents and aunts and uncles has been special too. Developing links with local schools and community groups has made the role more fulfilling."

In 2013 the kindergarten underwent renovations and extensions to add a second playroom. Christine says, "That was a very challenging time as we continued to operate right through the building works! At the time the extra room seemed completely unnecessary but looking back the City of Ballarat was right on-trend."

In 2012, Brown Hill Kindergarten started bush kinder after staff read about a trial at Westgarth Kindergarten in Melbourne. We asked Christine to tell us about the program. She says, "The kindergarten is ideally positioned to access the local natural environment with parklands and open space surrounding us. The first group of children had no real idea what they were going to when we said we were going to bush kinder but now each year we are under pressure from the children who say, "When are we going to bush kinder?" Support for bush kinder from kindergarten families has been amazing with parents never surprised that we seem to get out "come rain, hail or shine." Support from staff has

...continued p.14



Dressed for wet weather, Christine leads a group of Brown Hill Kindergarten children on a bush kinder adventure. Image supplied.

...from p.13

been outstanding too. When I first suggested we would give it a go there was no hesitation from Carolyn and those who followed."

Christine says, "I will certainly miss those idyllic bush kinder days, outside in the fresh air with the children working together to build cubbies, searching for bugs and enjoying the freedom and opportunities that long-sustained periods of play outdoors offers."

After all these years educating and caring for young children, we asked Christine what else she will miss. She says, "I will miss the honesty of the children and the way they can take discussions in unexpected directions. I will miss sharing the kindergarten experience of the younger siblings of children who have been at kindergarten and I will miss the daily interactions with the children and families. I will miss

the support of the staff whatever different idea I might come up with! I have met so many amazing children and families over the years and each one of them has added to the richness of my life. To me those children will always be kindergarten kids and they will always be five!"

What is next for Christine? In her retirement, she hopes to spend time with her husband and family, perhaps travelling in Australia and overseas. Christine also aims to devote more time to expanding her spinning and weaving skills and knowledge.

We asked Christine for one final tip for parents of pre-schoolers. She says, "Always see your children as confident and capable learners. Always have high expectations for them. Parents need to be advocates for their children throughout their school

Celebrating Christine

After 14.5 years, Christine Sullivan is retiring from her position at Brown Hill Kindergarten.

On **Friday 13 December**, everyone is invited to join the Brown Hill Kindergarten community in recognising Christine's enormous contribution to the lives of so many local families. Join us at the Kindergarten between 2.30 pm and 4.00 pm for afternoon tea and a play. No RSVP required.

years and to talk with schools if they have any concerns."

On behalf of the Brown Hill Community we thank Christine for her dedication to educating and inspiring our children for over 14 years. We are grateful to Christine for her honesty and for caring about our families. We will miss you Christine!

Sarah Greenwood-Smith



Christine in the Red Room at Brown Hill Kindergarten. Image supplied.

Caledonian Primary School

Energy Breakthrough - Maryborough

If you don't know already, Energy Breakthrough (EB) is a competition that we have been competing in since 2010. It is held in Maryborough on 21-23 November where there are many types of races. We compete in the human-powered vehicle (HPV) race. Our race goes over two days, Friday and Saturday. On Thursday we have a series of scrutineering and presentations. In the presentation, we go through the materials we use in the cart, how we have been training, global warming, our diet and the safety features of the cart.

We have been training hard to keep fit. This has consisted of riding around the track at school, in the HPVs every day and running laps of the track. We have also done night-training where we were doing laps of the track in the dark, practising turns, speed and pit processes. We have learned much about global warming and the effect it is having on our environment. This year we have

Bronze sponsor:



Caledonian Primary School's 2019 Energy Breakthrough Team. Photographer: Jaimee Matheson

two teams competing. They are called 'John Valves' and 'Pedders Suspensions and Brakes'.

We have also been learning about the safety features of the cart. This includes the four-point harness, roll bars and the shell. We have cleats which makes us use pushing and pulling motions to turn the wheels. In our shell on the cart, we have holes as air vents and a speedo in the cart to measure our speeds. In the pits, we can only go 10 km/h and on the track up to 60 km/h.

We would like to thank everyone, especially Brayden, for giving up their time to help us prepare our

carts. This is a massive undertaking. We are also grateful to our teachers and parent helpers for all their help and support. We would also like to thank our sponsors - we couldn't get here without them. Our sponsors are printed on the back of our shirts, our caps and on the cart as well.

We have had a lot of fun with Energy Breakthrough this year and can't wait for the event. It has been fun with team building and working with our team. Overall, it has been a fun experience and we can't wait for EB!

Jovie and Abel, Grade Six, Caledonian Primary School



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Woodmans Hill Secondary College

From the Principal's desk

It's not every day that you get a visit from our Premier, Daniel Andrews, and our MPs, Michaela Settle and Juliana Addison ... but it is every day that I get to walk around a school that is bursting with potential and full of amazing staff and students.

The Premier's visit came as a big surprise but it wasn't difficult for us to be able to find some pretty exceptional things for him to see in order to gain a flavour of what Woodmans Hill Secondary College is all about.

First and foremost, we are a community school serving the diverse needs of all our students and their families. Our belief is that all students can grow academically, socially and emotionally as long as they show respect, determination and excellence and they are provided with quality teaching and feedback.

The first stop on our tour was Learning Support where we were fortunate to sit in on a small year seven group who were kicking goals with their literacy. Students come to Woodmans Hill at different stages of learning and some find reading and writing more of a challenge than their peers. We are committed to supporting every child and we use research-driven practice to meet each child at his or her point of need. I was so proud of the learning culture that I observed, the support that students were



Victorian Premier Daniel Andrews and Woodmans Hill Secondary College Principal, Stephan Fields. Image supplied.

giving each other and the growth that they were making.

It was then on to our Senior Centre where our student leaders spoke so passionately about the impact that this building has had on them and how much they appreciate a space in which they can study and interact with their peers. Listening to them share their stories and the ambitions that they have for the future really struck home how important it is for us to have the best facilities for our students.

Whilst we may be fortunate to have four fully refurbished science rooms, it is what we do in them that makes the difference. At Woodmans Hill we have a clear commitment to STEM education and we know we have the capacity within our student body to produce the innovators, engineers and problem solvers of the future. How fitting it was for the Premier to get the chance to listen to the team's presentation that recently won the Thales Design Competition in conjunction with the Ballarat Tech School. Woodmans Hill scored first and second place in the competition (earning \$3000 in prizes for the

school) and the boys went on to represent Ballarat in the state final where they came second! Our guests were enthralled as they explained the engineering science behind their sensor that can be attached to a drone and can remotely measure the depths of potholes that plague Victorian roads. I was lucky enough to see our teams present and whilst I was blown away by the thinking behind each product, I was more impressed by the confidence with which they spoke. I know the visiting politicians could see the enormous potential in this innovation as I saw the enormous potential in our students. Amazing stuff.

Our journey then took us to the Performing Arts Centre (PAC) to observe a Food Technology lesson in full flow. It was great to see so many of our students eagerly learning important life skills and I hope (but doubt) that some of the delicious looking trifles made it home so that some lucky parents got a taste test! And finally, the Premier got the chance to sit in on a presentation in our PAC: our students deserve top quality environments in which to learn. Already, the PAC has rocked to

performances, housed information evenings, supported assemblies and was the setting to quite an emotional Class of 2019 Graduation. We do not take for granted how fortunate we are to have such a space and it provides limitless opportunities to support learning. Today we witnessed a presentation from a refugee who came to Australia from Africa. Durenka's story helped inform our Year Ten as they prepare an oral presentation on immigration. It is important that our students make up their own mind about world issues and that they realise that they are lucky to live in the country that they do and in a community that cares.

Daniel Andrews and our local MPs were incredibly impressed by what they saw and who can blame them: we are a school on the rise and a community that works together.

*Stephan Fields, Principal
Woodmans Hill Secondary College
Fussell Street, Ballarat East
5336 7264
woodmans.hill.sc@edumail.vic.gov.au
woodmanshill.net.au*

Whitney's teaching excellence

Brown Hill-born Whitney Kennedy was recently recognised at the state-level being awarded the Secondary Teacher Award for Excellence in Physical Education and Activity at the Victorian Education Excellence Awards.

Whitney's parents built their family home in Brown Hill where they still live. This is where Whitney and her sister grew up.



Whitney Kennedy receiving her Secondary Teacher Award from the Minister for Education, James Merlino. Image supplied.

Whitney says, "Family is exceptionally important to me and I'm so grateful to have grown up in the Brown Hill community, where we could get outside, ride our bikes and explore the area."

Whitney went to Ballarat Secondary College – East Campus (now Woodmans Hill Secondary College) from years seven to ten, moving to the Barkley Street campus for years eleven and twelve.

After that, Whitney went to the University of Ballarat (now Federation University) to study a Bachelor of Education – Physical Education.

In 2012, Whitney moved from Brown Hill to Swan Hill, where she is the Physical Education teacher at Swan Hill College.

Whitney says, "I believe that establishing motivation is the key to building effective relationships with students."

She sets high expectations and constantly seeks out up-to-date information and tools that she believes will connect with her students.

Whitney works hard to create and sustain positive, open relationships with parents of her students. She is approachable and open at all times.

A key to winning this award was Whitney's work collaborating with her colleagues to introduce the 'Moving Minds' program, with the intention of improving the mental and physical wellbeing of the Swan Hill College community as well as build resilience and coping strategies among students.

The program has a strong focus on the benefits of physical activity and its links to mental health and wellbeing. It includes the promotion of daily activities that anyone can do, combining short reflection tasks, daily exercise, short meditation sessions and a healthy diet.

Whitney says, "I love coming home to Brown Hill and spending time with family. My favourite thing to do is getting outside to take our labradors for a walk along the Yarrowee River and through the area. While I've lived in Swan Hill for eight years now, Brown Hill is still 'home' to me."



An Australian Magpie in winter, Brown Hill. Photographer: George Alexopoulos

Our Backyard Birds

We moved to Brown Hill a couple of years ago and one of the many joys of living in this area is the great variety and number of birds.

When I read about the Aussie Backyard Bird Count in the Brown Hill Community Newsletter I decided to register for this year's count.

I have enjoyed looking out for birds ever since primary school introduced me to the Gould League. So I downloaded the Birdlife Bird Count app. and took the 20 minutes to observe the birds around my house. Bird Counts could be done anywhere, not only in the backyard.

My list included Magpie, Pied Currawong, Long-billed Corella, Crimson Rosella, Rainbow Lorikeet and Magpie Lark.

All in all, nearly 3.4 million birds were counted during the week and it is one of Australia's largest citizen scientist events. The top

three birds counted in Victoria were the Australian Magpie, Rainbow Lorikeet and the House Sparrow.

aussiebirdcount.org.au

Birdlife Australia: birdlife.org.au

George Alexopoulos, Brown Hill

Brown Hill Lions and Lioness Clubs

Brown Hill Community Festival

We were pleased to take part in the 2019 Brown Hill Community Festival. We sold around 600 sausages. All profits were donated to the 2020 Brown Hill Community Festival fund.

Christmas Cake Sales

The Brown Hill Lions Club have a stall at Central Square selling Christmas Cakes. Prices are:

* 1.5 kg cake - \$17.00

* 1.0 kg cake - \$13.00

* 900 gram pudding - \$13.00

For enquiries, please contact Cake Chairman, Barry Davis.

Carols in the Park

On Thursday 12 December, the Brown Hill Lions Club will again host Carols in the Park at the Brown Hill Recreation Reserve. See back page for details.

Call for volunteers

Our little club is moving forward and we are looking for new members who have a passion for our area and want to be part of a group who not only help the community but also the environment and other volunteer organisations too.

We welcome people from all walks of life and gender. We are more than raffles and sausage sizzles!

For more information, please call: Barry - 0418 580 971, 0419 158 062 or 0428 503 092, or email: secbhlions@outlook.com

Australia Day

On Sunday 26 January, the Brown Hill Lions and Lioness clubs will be running a breakfast in the Brown Hill Reserve from 8.00 am. All welcome.

Contact Lioness Secretary Kath on 5331 4718 or Lions Secretary Barry on 0418 580 971 for more information.



Juliana Addison MP

LABOR MEMBER FOR WENDOUREE

17 Lydiard St Nth, Ballarat VIC 3350

P: 5331 1003

f [JulianaAddisonMP](#)

t [@juliana_addison](#)

i [julianaaddison](#)



Authorised by J Addison, 17 Lydiard St Nth, Ballarat. Funded from Parliamentary budget.

Brown Hill Seniors Club

On Monday 2 December we will be celebrating our 49th anniversary, with a birthday party for all members and invited guests.

This year our Christmas Luncheon will be on Wednesday 11 December at the Brown Hill Hotel.

The club will break up on Monday 16 December with members to bring a plate to share.

Due to renovations at the Brown Hill Hall, we will be returning after our break on Monday 3 February.

New members are always welcome.

Dianne Eden

President, Brown Hill Seniors' Club
5331 1769

Free entry to Eureka Centre

The Eureka Centre has announced a program of community events from December 1-3 to mark the 165th anniversary of the Eureka Stockade including free entry to the Eureka Centre Museum and the Eureka Flag.

Eureka Sunday Community Day on Sunday 1 December will include family activities at the historic Eureka Stockade Memorial Park. Members of the public are encouraged to bring their picnic blankets and camping chairs and join in free face painting, petting zoo and Sovereign Hill children's activities from 10.30 am. Food trucks will operate from 10.30 am and live music by The Hardies Hillbillies and Freya Josephine Hollick will start from 12.00 noon.

Inside the Eureka Centre auditorium the debate about where the Eureka Flag should reside (Art Gallery of Ballarat or Eureka Centre) and what the preeminent Eureka artefact is (Ballarat Reform League Charter or Eureka Flag) will continue with an exciting new format known as Eureka Soapbox.

The three-day Eureka anniversary program will conclude on Tuesday 3 December – the 165th anniversary of the Eureka Stockade - with a service honouring those who lost their lives. This service will begin at 9.00 am at the Eureka Stockade Memorial Gardens, corner Rodier and Eureka Streets, and will be followed by a complimentary breakfast.

For full program details go to facebook.com/eurekacentreballarat



Did you know bushfires kill from 300m away?

Bushfires can reach temperatures of up to 1100°C. Long before the flames reach you, the wave of radiant heat can kill you from up to 300 metres away - the distance of two football ovals. Planning and preparing for bushfire is the only way to survive it.

How well do you know fire?

Plan. Act. Survive. Go to vic.gov.au/knowfire

Authorised by the Victorian Government, 1 Treasury Place, Melbourne





Brown Hill Uniting Church

Thought for the month

"Know this my sisters and brothers: let every person be quick to hear, slow to speak, slow to anger." James 1:19

Prayers for members of the community

Each Sunday we pray for those members of our congregation who are unwell or facing difficulties. If you would like a prayer for a member of your family or yourself, please drop a note into the letterbox at 16 Thompson Street before 9.15 am Sunday. More details in Edition 20, p.12.

Morning worship

We have morning worship from 10.00 am each Sunday with Holy Communion on the first Sunday each month. On the fifth Sunday, we visit other churches (January worship details listed below).

Christmas/New Year services

DECEMBER 2019

Sunday 8: 5.30 pm, Community sausage sizzle outside the Op. Shop followed by a Carol service starting at 7.00 pm. All welcome.

Wednesday 25: 9.00 am (not 9.30 am as printed in Edition 21), Christmas Day morning worship.

Sunday 29: Visiting other churches. No service at Brown Hill.

JANUARY 2020

Sunday 5: 10.00 am, Combined Service at Neil Street Uniting Church. No service at Brown Hill.

Sunday 12: 10.00 am, Morning worship at Brown Hill.

Sunday 19: 10.00 am, Morning worship at Brown Hill.

Sunday 26: 10.00 am, Morning worship at Brown Hill.

Christmas Bowl

Offerings received at our Carol service and the Brown Hill Carols in the Park go towards the Christmas Bowl, an ecumenical appeal by the National Council of Churches which supports those fleeing disasters and conflict.

Midweek Communion

Each Wednesday at 1.30 pm in the church hall followed by afternoon tea. All welcome. The final service for 2019 will be on Wednesday 18 December and we will start again on Wednesday 8 January 2020.

Craft group

Our craft group meets from 1.30 pm until 3.30 pm in the church hall on the first and third Thursdays of each month, finishing on 19 December and starting again on 16 January.

Op. Shop

Our Op. Shop is open 9.30 am until 12.30 pm on Thursdays and Fridays, closing on 13 December reopening on 13 February 2020.



safeTALK

Most people thinking about suicide don't actually want to die - they need someone who can help them choose to stay alive.

safeTALK workshops empower participants to recognise invitations for help and give the gift of life through proven intervention methods. safeTALK stresses safety while challenging beliefs that inhibit open talk about suicide. Any over the age of 16 years may attend the workshop.

When: Saturday February 22, 2020
9am – 1:00 pm (registration at 8:45am)

Where: Brown Hill Uniting Church,
286A Humffray St Nth, Brown Hill
This event is free

You will learn how to:

- * notice and respond to situations where thoughts of suicide may be present
- * provide practical help by using the TALK steps (Tell, Ask, Listen and Keep safe)
- * act quickly to connect the person with someone trained in suicide intervention
- * contribute to building a safer community.

Registration mandatory by Thursday February 20 2020.

Visit: eventbrite.com.au

Lifeline Ballarat P: 5322 4996

E: Lifeline.Ballarat@vt.uniting.org

Free of charge to attend:

Funded by the Ballarat and District Suicide Prevention Network and presented by Lifeline Ballarat.

Cancellation Policy: Minimum numbers are required to proceed. We hope to see you there. If after registration you can not attend, please let us know so others do not miss out. Cancellation without notice or less than 48 hours notice will incur a \$50 cancellation fee.



Thank you to the local community for donations at the Brown Hill Community Festival. We raised \$340 for the 2020 Learn to Swim Program at Brown Hill Pool (p.4).

Liz Mason, Brown Hill Uniting Church

October Men's Breakfast

Following a healthy, hearty breakfast, Rod Soar shared with the group his knowledge and experiences working in the community health sector.

Rod is an independent Mental Health Nurse Practitioner with patients from Uniting, NDIS, Ballarat Group Practice, the TAC and private participants.

Rod discussed the Dual Diagnosis initiative which describes people who have both a Mental Health and an Alcohol and other drugs (AAOD) condition. He explained the different types of conditions, symptoms, causes and their management/treatment.

Rod reminded the group that men are less likely to seek professional help than women and they tend to self-medicate.

There was much engagement with many questions. Several men commented on how much they had learnt.

Louise Wright and Rob Soar, Brown Hill Uniting Church

parkrun comes to Brown Hill

The Wallaby Track parkrun in Brown Hill is officially launching on Saturday 28 December 2019 and we would love to see lots of locals coming along for a walk, jog or run. We can't wait to run this beautiful course with everyone!

There has been an overwhelming response from the Brown Hill community so far and offers to support the event into the future have been much appreciated. If you would like to get involved in either running or volunteering at parkrun, you can contact us via the Ballarat parkrun email address ballarat@parkrun.com

Wallaby Track parkrun

What is it?

A free-of-charge five kilometre timed run, jog or walk.

Where is it?

On the Wallaby Track (Yarrowee River Trail), starting in the grassy area across the Progress Park bridge from the Brown Hill Recreation Reserve/Brown Hill Playground (the wooden bridge between the Hall and the Pub).

When are the trials?

8.00 am on Sunday 1 and 8 December.

Official Launch:

8.00 am, Saturday 28 December.

How often?

Every Saturday at 8.00 am.

How do I get involved?

Visit: parkrun.com.au and register yourself and family or contact us via email: ballarat@parkrun.com. Then simply turn up at 7.50 am on Saturday mornings from 28 December onwards!

Aaron and Laurinda Coulter

Brown Hill Community Online Hub

Loads of information about Brown Hill's: businesses, kindergarten and schools, community groups, sporting and other activities is available free of charge online:

brownhill.vic.au

To add or update details, please contact us:
directory@brownhill.vic.au



*Just 4 minutes out of Brown Hill,
Glen Park Primary School
is Ballarat's best kept secret.*

*Visit glenparkps.vic.gov.au
and our Facebook page
(facebook.com/learningwithliterature/)
and see what learning experiences
we can offer.*

*Ring us on 5334 5360
to arrange a visit.*

Wellbeing benefits of swimming

Brown Hill local and newsletter delivery volunteer, Sue Walker, tells us about her experience with using swimming to improve her mental and physical health and wellbeing.

We are spoilt for choice in Brown Hill for outdoor pools. Where I live, I need travel no further than two kilometres in any of three directions to find a pool. We have the Brown Hill Community Pool, a fantastic option for hot days, particularly useful to me when my now adult and teenage boys were younger. Up the hill is the Black Hill Pool, where my sons completed their school swimming lessons. My favourite local outdoor pool right now is the Eureka Pool, it is the pool of choice for lap swimming out this way. It is heated and the staff are amazingly friendly.

I have been swimming laps for around 22 years at the Ballarat Aquatic Centre (in Wendouree) and still do in winter. Although I took my children to Eureka Pool when they were kids, I never really considered the idea of swimming laps outdoors until two seasons ago. I took the plunge last season and started swimming one kilometre, three times a week. I enjoyed it so much that I started visiting Eureka Pool almost every day.

By the end of October, I find there is an urge amongst the outdoor swimmers to check the calendar. A buzz is in the air as we repeatedly ask the poor staff at the Ballarat Aquatic centre, "When is the Eureka Pool opening



Eureka Pool is one of several outdoor pools in or close to Brown Hill. Photographer: Sue Walker.

again?"

There is a feeling of excitement in the air when those gates open. It's worth the brisk dash in the chilly spring air from the change rooms. As you hit the water, which generally sits at a warm 25-28 degrees Celsius, and begin your laps, you realise how much you've missed the pool over winter.

I realised the pool is so close to home that I can cycle up there as a warm-up before too much of the day was gone, do my laps, then cycle home before 8.30 am, feeling fantastic. What a start to the day!

Swimming laps is excellent for physical health as it gets your body moving, is very low impact, uses all body parts and gets your heart pumping. You can utilise props, such as a water belt, to assist if swimming is not your thing. You could also try some aqua-running which is amazingly fun, useful for those unable to run on land and provides resistance for the arms for an added arm workout.

Water weights or a foam pool noodle can be utilised in the pool in a workout and assist in building muscle.

Of course, both mental and

physical benefits are gained regardless of whether the pool is indoor or outdoor. However, I find the boost of sunlight in the morning, that extra vitamin D and perhaps it is just being surrounded by the trees, seemed to make a difference to my day. Exercise releases endorphins, our feel-good hormones. I personally find it helps with sleep, reduces tiredness and my stress levels. Swimming helps me have a more positive mood.

I also enjoy the social aspect. I find everyone I encounter at the Eureka Pool very friendly. Over the course of many weeks I got to know the many familiar faces. As I cycle my bike in there is always a friendly smile and greeting. Regular staff even remember the locker number I prefer. How's that for service?

Swimming is an affordable way to exercise - just remember to be SunSmart at the outdoor pools.

So why not take the plunge too and get on down to Eureka Pool to swim some regular laps. I might just see you there!

Sue Walker, Lived Experience Mental Health Advocate

Brown Hill Cricket Club

Woolworths Cricket Blast

Twenty local children are enjoying spending their Tuesday evenings learning some cricket skills at Brown Hill Oval through the Woolworths Cricket Blast program.

Kaiden says, "I love cricket because we get to learn how to hit a real ball" and Antanas says, "I love learning the rules and playing the games." Edward told us he loves the games they get to play and Jack agreed, saying, "I love playing cricket and the fun games."

The Brown Hill Cricket Club coaches do so well to manage all the children and they play so many fun games over the hour, developing skills such as learning to bowl, learning to field, learning to bat and being part of a team!

Fundraiser - wooden chairs and tables

Brown Hill Cricket Club is taking orders for Bar Tables and Outdoor settings as a fundraiser. A great Christmas gift idea supporting this local club.

Contact Phil Knowles on 0407 399 971.



Local children enjoying the Woolworths Cricket Blast at Brown Hill Oval. Image supplied.



Bar Tables \$100, stained or unstained

Brown Hill AusKick

Brown Hill community members are working with AFL Goldfields to start an AusKick Centre at Brown Hill Oval, Reid Street. Sessions are proposed to be in Term Two 2020 on Fridays from 3.45 pm - 5.00 pm. To register, visit: play.afl/auskick If you are interested in helping to coordinate the sessions or have any questions, please email: Liam.Brady@afl.com.au.



Outdoor settings \$150, stained/unstained

**BALLARAT
PET+FARM VET**

28 WILTSHIRE LANE, DELACOMBE

5336 0006

Mon-Fri 8.30am-6pm Sat 9am-1pm

EMERGENCY AFTER HOURS:

Pets: 0456 360 006 Farm Animals: 0476 360 006

BROWN HILL AND DISTRICT LIONS
CLUB, PRESENTS:

CAROLS IN THE PARK



BROWN HILL RESERVE

Thursday 12 December

Commencing at 5.30 pm

Bring your own picnic basket, rug and chair/s. Some chairs will be available.

Guest artists and community sing-along.

Sausage sizzle (gold-coin donation).

An alcohol-free event